

Full Report (All Nutrients) 45133987, BANQUET PEPPER STEAK MEAL, UNPREPARED, GTIN: 00031000007188

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: May 26, 2017 15:38 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	1 Meal (283g) 283g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	320	113
Protein	g	--	--	12.00	4.24
Carbohydrate, by difference	g	--	--	39.00	13.78
Sugars, total	g	--	--	2.01	0.71
Minerals					
Calcium, Ca	mg	--	--	79	28
Iron, Fe	mg	--	--	1.44	0.51
Potassium, K	mg	--	--	269	95
Sodium, Na	mg	--	--	1109	392
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	2.3	0.8
Vitamin A, IU	IU	--	--	750	265
Lipids					
Fatty acids, total saturated	g	--	--	3.99	1.41
Fatty acids, total monounsaturated	g	--	--	6.00	2.12
Fatty acids, total polyunsaturated	g	--	--	2.49	0.88
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	45	16

Amino Acids

Other

Ingredients
COOKED RICE BLEND: Water, White Rice, Celery, Carrots, Broccoli, Green Onions, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol, Vinegar, Lactic Acid), Soybean Oil, Caramel Color. SAUCE: Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol, Vinegar, Lactic Acid), Green Bell Pepper, Red Bell Peppers, Modified Corn Starch, Tomato Paste, Sugar, Salt, Dehydrated Onion, Sherry Wine, Granulated Garlic, Spices. PATTY:

Mechanically Separated Chicken, Pork, Water, Beef, Textured Vegetable Protein (Soy Flour, Caramel Color), Breader (Enriched Bleached Wheat Flour [Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Durum Flour, Leavening [Sodium Bicarbonate, Sodium Acid Pyrophosphate], Yeast), Soy Protein Concentrate, Salt, Dehydrated Onion, Flavorings, Caramel Color, Sodium Tripolyphosphate, Dextrose, Natural Flavors, Citric Acid, Soy Lecithin. CONTAINS: SOY, WHEAT. *Date Last Updated by Company:* 09/08/2016